

THE NAVAJO NATION



JONATHAN NEZ | **PRESIDENT** MYRON LIZER | **VICE PRESIDENT**

July 5, 2022

Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 85 —Safety Precautions

WINDOW ROCK, AZ – The Navajo Health Command Operations Center is issuing uncontrolled spread of COVID-19 advisory for the following communities. The cases reflect dates June 17 – 30, 2022. The advisory will be in effect until the risk and cases decline.

The following communities are identified as having uncontrolled spread of COVID-19:

Aneth	Crystal	Leupp	Pueblo Pintado	St. Michaels
Baca/Prewitt	Dennehotso	Lukachukai	Ramah	Tachee/Blue Gap
Beclabito	Dilkon	Lupton	Red Lake	Teec Nos Pos
Bird Springs	Forest Lake	Manuelito	Red Valley	Teesto
Black Mesa	Fort Defiance	Many Farms	Rock Point	Thoreau
Bread Springs	Ganado	Mariano Lake	Rock Springs	Tohatchi
Cameron	Houck	Mexican Springs	Rough Rock	Tonalea
Chichiltah	Indian Wells	Naschitti	Round Rock	Tsaile/Wheatfields
Chilchinbeto	Iyanbito	Nazlini	Sawmill	Tsayatoh
Chinle	Jeddito	San Juan	Sheepsprings	Tselani/Cottonwood
Churchrock	Kaibeto	Oak Springs	Shiprock	Tuba City
Coyote Canyon	Kayenta	Pinedale	Shonto	Twin Lakes
Crownpoint	Lake Valley	Pinon	Smith Lake	Upper Fruitland

All residents should take precautions to protect their health from the spread of COVID-19. Individuals with the following conditions are at higher risk of being affected from COVID-19.

People at Increased Risk for Severe Illness	Might be at Increased Risk for Severe Illness
<ul style="list-style-type: none">• Older Adults• Cancer• Chronic kidney disease• Chronic obstructive pulmonary disease• Heart conditions• Immunocompromised state• Obesity and severe obesity• Pregnancy• Sickle cell disease• Smoking• Type 2 diabetes mellitus	<ul style="list-style-type: none">• Asthma• Cerebrovascular disease• Cystic fibrosis• Hypertension or high blood pressure• Immunocompromised state• Neurologic conditions, such as dementia• Liver disease• Overweight• Pulmonary fibrosis• Thalassemia• Type 1 diabetes mellitus

All residents should practice health and safety measures:

- Get vaccinated.
- Wear a mask in the public.

- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect frequently touched surfaces daily.
- Avoid touching your face, nose, and eyes with unwashed hands.
- Clean and disinfect your vehicle, home, workspace and other common areas on a regular basis.
- Social distance - keep 6 feet between yourself and others.
- Limit gatherings with individuals outside your immediate household.

For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website: <http://www.ndoh.navajonnsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.